

# Alabama's health

*A publication of the Alabama Department of Public Health*

## *State Combined Campaign Sets Participation and Pledge Records*

**M**any services will be available to people in need thanks to the record-setting donations public health employees made to the 2007 State Combined Campaign. The donations surpassed all previous levels, with \$71,000 pledged and more than 47 percent of area/county employees participating. Especially noteworthy is the increased level of donations made at the county and area levels. The campaign had set a monetary goal of \$41,000 for the department.

Campaign Coordinator Chris Haag and colleagues from the Bureau of Family Health Services came up with some innovative ideas to increase visibility of the campaign. For example, they held a highly successful Potato Bar Day in October which added more than \$265 to the effort. Haag and Jackie Harris baked potatoes and other employees donated condiments. Donations were put in a jar and participants later voted how the money collected would be designated.



*State Combined Campaign Chairperson Chris Haag presents a certificate of appreciation to Area Administrator Peggy Blakeney for Public Health Area X's support of the State Combined Charities Campaign.*

Then the bureau raffled donated items at an Iron Bowl "tailgate party" in which people donated comparable Auburn University and University of Alabama items for drawings.

Other offices and bureaus held similar celebrations to promote giving, such as the cake baked for Health Promotion and Chronic Disease staff.

Richard Burleson, director of the Alabama Child Death Review System, noted that Haag and his staff held a "group think" meeting to develop strategies to improve giving. "He was dedicated to doing it right, and involved a large number of people. He asked for volunteers from the outset."

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# Deborah Stowe presented 2007 County Clerical Excellence Award

State Health Officer Dr. Donald Williamson announced in an e-mail broadcast statewide that Deborah Stowe of Cherokee County in Public Health Area V is the recipient of the 2007 County Clerical Excellence Award.

Ms. Stowe is a home health clerk with the Cherokee County Health Department.

The following observations were made in the documentation supporting Ms. Stowe's nomination:

"Deborah helped with the start-up of the Home Health program in Cherokee County. She has assisted the nurses with health fairs, public relations, and has helped develop a good name for Cherokee County Home Care."

Others stated that Deborah goes above what is expected. For instance, when a person calls and they have the wrong number, she kindly tells them they have the wrong number, and also tries to help them find the correct telephone number. Another time, Deborah and staff purchased Christmas cards and sent them to all their referral sources, community and civic leaders, and potential patients.

Her co-workers say that Ms. Stowe has played an important role in doubling their patient caseload in the last couple of years. Before her job in home health, Deborah was a WIC clerk for the Cherokee County Health Department. While out in the community, young women approach her, give her a hug, and tell her how much they miss her. It is evident that Deborah has made an impact on patients' lives both in clinic and in home health.

The purpose of this award program is twofold: (1) to recognize outstanding achievement each year by departmental staff working

in clerical classifications at the county level; and (2) to provide other employees working in clerical classifications a standard of excellence.

The award program is multi-tiered. Each area team selected an area clerical excellence award recipient. These honorees were recognized during area staff meetings. Names of the area recipients were then submitted as nominees for the State Clerical Excellence Award. In addition to having her name affixed to a permanent plaque, there is also a cash award of \$100 donated by the area clerical directors, the state clerical director, and the director of the Bureau of Professional and Support Services.

Previous County Clerical Excellence Award recipients are Sandy Jackson of Lawrence County (2006) and Patty Leonard of DeKalb County (2005).



Deborah Stowe (left) is shown with State Clerical Director Shelia Puckett.

## Alabama Department of Public Health

### Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

### Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

## Alabama's Health

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# Disparities in Cardiovascular Health: A Growing Concern

*The National Institutes of Health defines health disparities as differences in the incidence, prevalence, mortality, and burden of cancer and related adverse health conditions that exist among specific population groups in the United States. These population groups may be characterized by gender, age, ethnicity, education, income, social class, disability, geographic location or sexual orientation. The following article on cardiovascular health is the first in a series of articles in the coming months that will explore health issues affecting Alabamians.*

**D**r. Daniel Jones, president of the American Heart Association, recently called for the elimination of disparities in health care, including cardiovascular disease. While great strides have been made in treatment of cardiovascular disease in recent years, those advances have not reached some Americans because of the disparities in health care that must be addressed. Disparities he cited are geography, race, gender and economics.

Nationally, a large study of gender and racial disparities found that 76 percent of white men and 71 percent of white women had blood pressure controlled to an optimal level, while 63 percent of both black men and women had blood pressure optimally controlled. Healthy People 2010 has set a target date of 2010 to eliminate health disparities. The goals are to reduce deaths among African Americans from heart disease by 30 percent and to reduce deaths from strokes among African Americans by 47 percent. Heart disease is the leading cause of death in Alabama, and stroke is the third leading cause of death. Alabama ranks fifth in the nation in death rates due to heart disease. Major health risk factors such as overweight,

sedentary lifestyle, high blood pressure and high cholesterol levels contribute markedly to the development of heart disease.

Alabama ranks fourth in the nation in deaths due to stroke. A major risk factor for stroke is uncontrolled hypertension, so treating and controlling high blood pressure is essential in preventing stroke and other chronic conditions. Recognizing the signs and symptoms of stroke and getting immediate medical treatment are also critical to improved medical outcomes from an acute event. Prompt medical treatment for stroke can increase survival rates and reduce long-term disability.

Dr. Jack Hataway, the department's Chronic Disease director, said, "The presence of health disparities as risk factors for heart disease and stroke is something that can be changed. In order to reduce disparities for African Americans, those with lower socioeconomic status, males or females, and those living in underserved areas, the public needs to be reached with the message that it's very important to identify risk factors early, practice self management for healthy living, and take any appropriate medications."

Regrettably, people experiencing stroke symptoms have even called their physicians and have scheduled appointments later in the week rather than going to a hospital emergency room immediately. If you suspect you or anyone else of having a heart attack or stroke, call 9-1-1 at once.

"Access to care and treatment work," Dr. Hataway said, "We don't have to accept the health disparity." Modifying risk factors offers the greatest potential for reducing

cardiovascular disease morbidity, disability and mortality. High blood pressure, high cholesterol, smoking tobacco, excessive body weight and physical inactivity are the modifiable factors. The most effective steps all people can take to prevent cardiovascular disease and stroke are as follows:

- Stop smoking
- Eat a healthy diet, including five or more servings of fruits and vegetables daily
- Exercise regularly, such as brisk walking at least 30 minutes on five or more days of the week
- Take steps to reduce stress
- Control high blood pressure
- Control cholesterol
- Control weight
- See a physician regularly if known to have heart disease.

A stroke, or cerebrovascular accident, occurs when the blood supply to the brain is cut off (an ischemic stroke) or when a blood vessel bursts (a hemorrhagic stroke). Without oxygen, brain cells begin to die. Death or permanent disability can result. High blood pressure, smoking and having had a previous stroke or heart attack increase a person's chances of having a stroke. With timely treatment, the risk of death and disability from stroke can be lowered. It is very important to know the symptoms of a stroke and act right away.

The National Institute of Neurological Disorders and Stroke notes these major signs of stroke:

- Sudden numbness or weakness of the face, arms or legs

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## Breastfeeding Peer Counselors Provide Assistance in Dallas County

**T**he Dallas County Health Department has recently hired three breastfeeding peer counselors. Leimomi Holmes, Carmel Gray and Michelli Pettway completed training in December 2007. They have begun work providing basic breastfeeding education along with support and encouragement to newly expecting mothers.

Rebecca Stewart, RD, WIC coordinator, is excited about the addition of the breastfeeding peer counselors. "We (DCHD) feel that these women will help our WIC mothers to have a positive breastfeeding experience. Additional breastfeeding support is something that we need in Dallas County". Cassie Hooks, RD, State Breastfeeding Peer Counseling Coordinator, provided the training.



*Pictured (left to right) are Leimomi Holmes, Carmel Gray and Michelli Pettway, peer counselors.*

## EPA Honors Alabama Radon Program

**T**he U.S. Environmental Protection Agency recognized the Alabama Radon Program as a national leader in innovative programs and activities in 2007.

Alabama was among four states honored and was cited as a national leader in innovative programs and activities designed to increase public awareness of the radon problem and to motivate citizens to test their homes for radon and mitigate if needed.

Indoor radon gas is the leading cause of lung cancer in nonsmokers. The Alabama Radon Program is a joint effort between the department and the Alabama Cooperative Extension System (ACES). Public Health contracts with Extension for public outreach and information dissemination. The program is conducted in Alabama's 15 "zone one" radon counties.

Jim McNees, assistant director of the Office of Radiation Control, said, "There is just no way to know if your home has a radon problem other than to do a radon test. The Alabama Cooperative Extension System provides, as a public service, radon test kits to Alabama citizens at essentially wholesale prices from their offices in the zone one counties."

Because of the existence of radon and possible high concentrations of indoor radon in many homes in zone one counties, the department recommends:

- that anyone building a home in those counties install one or more radon escape stacks at the time of construction,
- that anyone purchasing a home in those counties require a radon test prior to closing,
- that occupants of existing homes in those counties test their homes for excessive radon in both the summer and winter seasons, and install a radon removal system if needed.

For more information contact McNees at (334) 206-5368 or [jmcnees@adph.state.al.us](mailto:jmcnees@adph.state.al.us).



*Jim McNees (left) receives plaque from Bill Long of EPA.*

## TEAM Academy

**G**raduates of the Public Health TEAM (Training and Experience to Advance Managers) Academy are listed below. The academy's purpose is to create an approach to developing managers that complements other departmental training activities and focuses on the critical competencies needed to be an effective supervisor. (Photographs of the September and October 2007 attendees were shown in the January issue of *Alabama's Health*.)

**SEPTEMBER 2007:** Pres Allinder, Alexis Brown, Henry Bush, Norma Cannon, Renae Carpenter, Marie Chastang, James Congleton, Wanda Davis, Angela Dubose, Tracy Elmore, Dollie Hambrick, Janet Hill, Hugh Hollon, Mary Holmes, Peggy Howat, Pam Johnson, Michael Jones, Connie King, Sandra Langston, Valencia Lipscomb, Jo-Ann Marshall-Kine, Cathy Molchan, Pam Moody, Samarria Munnerlyn, Carol Mysinger, Crystal Page, Debra Robbins, Elnora Robinson, Sandra Sanders, Rodriko Sankey, Darlene Smith, Sara Strength, Kimberly Taylor, Debra Thrash, Mike Tyler, Sheila Woods, Tammy Yager.

**OCTOBER 2007:** Carissa Adams, Stacey Adams, Alan Agin, Reba Brannan, Sherry Bryant, Sandra Collins, Wanda Cotter, Selena Dreadin, Kaye Dunn, Sharon Gunn, Steve Hakel, Mary Hammonds, Tim Hatch, Mark Hendrix, Diane Hester, Tom Jensen, Carrie Johnson, Russell Kelly, Corey Kirkland, Greg Locklier, Jim McVay, Ted Micher, Bill Myers, Sheila Osborn, Olivia Pope, Ava Rozelle, Judy Smith, Charlene Thomas, Greg Utley, David Walter, Doris Washington, Carol Wilson, Janice Wittscheck, Stephanie Woods, Kim Wooten.

**JANUARY 2008:** Vickie Abate, Felecia Allen, Curtis Andrews, Rhonda Austin, Deborah Bivins, Darnita Bradley, Sherry Bradley, Beverly Jo Carswell, Jane Cheeks, Wendy Dale, Linda Dubose, Jeanie Earnest, Barbara Etheridge, Craven Gibbs, Charles (Skip) Gray, Jane Haney, Darwina Johnson, Yolande Johnson, Blake Kalisky, Debra King, Gerry Knight, Cindy Lesinger, Melinda Lewis, Barbara Mack, Wanda McCrimon, Sheila McDaniel, Jim McNees, Genevieve Moore, Crystal Naggles, Patricia Ramos, Ken Reid, David Schultz, Patti Stadlberger, Debbie Thompson, Sonya Tinsley, Albert Woolbright, Michelle Zeigler.

**FEBRUARY 2008:** Charlene Abrams, Bonnie Blue, Debbie Bolling, Richard Burleson, Danna Cargill, Vernon Carter, Bart Crabtree, Cindy Daigre, Ron Dawsey, Dana Driscoll, Jamey Durham, Rita Evans, Bradley Grinstead, Brent Hatcher, Linda Hines, Victor Hunt, Annette Hurst, Lavonda Johnson, Sharon Jordan, Chad Kent, Ann Langley, Jamie Manning, David Newman, Sally Palmer, Claire Payne, Natalie Quinney, Jane Reeves, Sara Ricuarte, Myron Riley, Joanna Roberson, Patty Rushing, Mike Simpson, Shirley Singleton, Carlos J. Torres-Sanchez, Annie Vosel, Cathy Ward, Knoxie Williams, Jerry Young.

*March 2008*

## Retirees

The following department employees have retired recently:

### January

**Ronald Blanton** - Public Health Area VI

**Hazel Davis** - Health Statistics

**Irma Driver** - Lee County Health Department

**Joan Ellis** - Morgan County Health Department

**Linda Hinton** - Computer Systems Center

**M. Janet Mitchell** - Immunization

**Alpha Smith** - Winston County Health Department

**Shirley Starnes** - Computer Systems Center

**Racine Waddell** - Public Health Area VI

### February

**Harvey Kirkland** - Clinical Laboratories

**Kathryn Simpson** - Clinical Laboratories

**Linda Swain** - Clinical Laboratories

### January Graduates



### February Graduates



## Wellness Coordinators Recognized



**T**he Wellness program of the Bureau of Health Promotion and Chronic Disease honored area wellness coordinators for their many contributions and improvements in wellness screenings. The presentations were made at a workshop Jan. 29-30 at the Marriott in Prattville. Shown, left to right, are Ken Reid, state Wellness program director; Joan Grizzard, PHA 5, third place; Chris Caldwell, PHA 8, second place; and Rebecca Gibson, PHA 2, first place.

## Register Now for ALPHA Conference, April 8-9

**A** varied agenda and sessions of interest to public health professionals in every discipline awaits attendees to the 52nd Annual Meeting and Health Education Conference of the Alabama Public Health Association April 8-9 at the Doubletree Hotel in Birmingham.

"Prevent, Promote, Protect: Partnering for Health and Preparedness" is the conference theme. Keynote addresses will be delivered by Dr. Ed Partridge, director of the University of Alabama at Birmingham Comprehensive Cancer Center, and James L. Sacco of Emory University Regional Training Center. Workshop sessions include "Public Health for the 21st Century--The Prepared Leader," "Protection Through Response," "Viral Hepatitis--Prevention, Awareness, Treatment," "Public Health Certification," and "Customer Service."

ALPHA President Ricky Elliott said, "The agenda is packed with topics that cover the entire public health field. Stacey Adams, conference chair, and her committee have done an excellent job planning for the conference. In addition to the two general session speakers, there are two luncheon speakers, a breakfast speaker and more than 20 breakout sessions to attend."

The conference will also provide plenty of fun activities including a reception sponsored by the University of Alabama at Birmingham School of Public Health and a huge silent auction.

For more information and to register for the conference, please visit [www.alphassoc.org](http://www.alphassoc.org) or contact Stacey Adams, Vice President, at (334) 874-2550. The phone number for the Doubletree is (205) 933-9000. You may register online at <http://alphassoc.org/conference.html>.

## Cardiovascular, continued from page 3....

- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause

All of the major symptoms of stroke appear suddenly, and often there is more than one symptom at the same time.

The National Heart Attack Alert Program notes these major symptoms of a heart attack:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** This can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** This often comes along with chest discomfort. But it also can occur before chest discomfort.
- **Other symptoms.** These may include breaking out in a cold sweat or feeling nausea or light-headedness.

Dr. Jack Hataway, the department's Chronic Disease director, said, "Risk factors for heart attack and stroke can be modified and health disparities which result from them can be reduced. Healthy lifestyles, including self care management, are beneficial, and medications are important. For persons who are at risk for a heart attack or stroke, knowledge of warning signs and symptoms is vital as these tell the individuals to seek immediate medical care to prevent or reduce the chance of having a major disability or premature death with early treatment. Risk awareness, risk reduction, and early access to medical care can reduce these health disparities and result in individuals at risk having healthier, longer lives."

# Jutwiler Prison and Montgomery Women's Facility 'Go Red'

**F**ebruary is nationally observed as "Go Red" month for women. The Alabama Department of Public Health in conjunction with the American Heart Association aims to promote an awareness of cardiovascular disease in minority women.

On Feb. 7 representatives from the Office of Minority Health, Arthritis Prevention Branch and Office of Women's Health disseminated health promotion information to an estimated 300 female inmates in Elmore and Montgomery counties. The following facts were presented:

- African American women are at greater risk for cardiovascular disease (CVD) than white women, yet they are less likely than white women to know that they may have major risk factors. Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, overweight/obesity and a family history of heart disease are major risk factors for

CVD among all American populations. At least one or more of these risk factors are greatly prevalent among African American women.

- Hispanic women are at greater risk of CVD due to higher rates of excessive weight, diabetes and metabolic syndrome than white women. In addition, women whose main language is Spanish have the highest prevalence of physical inactivity. Unfortunately, Hispanic women are less likely than white women to know that these things increase their heart disease risk. Only 34 percent of Hispanic women consider themselves well informed about heart disease, compared to more than 40 percent of white women.

"Go Red" gift bags consisting of red dress stickers, health brochures, pamphlets and related promotional souvenirs were disseminated to the staff at both facilities.

Special thanks to wardens Frank Albright, Karla Jones and Edward Ellington for their support of this health initiative.

This program was a special project coordinated through the Alabama Department of Public Health and Aid to Inmate Moms.

*By Elana M. Parker, M.Ed., M.L.A.P.*



*Shown, left to right, are Elana M. Parker, Reentry Coordinator/Public Health Liaison; Barbara Arceneaux, Drug Treatment Counselor; Jessica Hardy, Director, Office of Women's Health; Melanie Rightmyer, Director, Arthritis Prevention Branch; Dechelle Merritt, ASA III; and Roberta Crenshaw, Activity Therapist.*

## Go Red Celebrated in Montgomery



**H**undreds of women turned out for the Montgomery celebration of Go Red for Women on Feb. 7 at the Alabama Department of Archives and History. Former Lt. Gov. Lucy Baxley and State Treasurer Kay Ivey spoke to an assembly of women at the event sponsored by the Cardiovascular Health Branch of the Bureau of Health Promotion and Chronic Disease, the Office of Minority Health and the Office of Women's Health of the Bureau of Professional and Support Services, the American Heart Association/American Stroke Association, and Baptist Health.

*March 2008*

## Lawrence County Promotes Awareness

**T**he Lawrence County Health Department wore red to raise awareness of heart disease. Shown left to right (front row) are Ashley LouAllen, Janet McLemore, Misty Appleton, Felicia Flannigan. (back row) Patty Allcorn, Tina Davis, Latria King, Carrie Warren, Lachelle Kirby, Laura Walker.



*Photographer: Cathy Sanderson*

*Alabama's Health*

## Combined campaign, continued from page 1....

The overall campaign theme was "Recipe for Success," and Jim Koenig and his team developed posters with the Sally C Chef (SCC) mascot. Koenig, Twanna Brown and Maxine Hawthorne of the WIC Division came up with the slogans and Noelle Ahmann of Health Communications developed the art work for seven posters that were displayed in break rooms throughout the department's offices statewide. Koenig said the themes were intended to be low key and to send subliminal messages to give to the campaign. For example, Sally C Chef issued messages for the times between Halloween and Christmas to positively reinforce the value of giving.

Listed here are Family Health Services employees and their committees. Co-

ordinators, Debbie Moulton/Rosemary Coggins; Accounting, Temeka Cooper/Linda Forney; Communication, Richard Bureson/Tirrell Martin; Status & Monitoring, William Duncan/Tammie Yeldell; Central Office Promotion, Twanna Brown/Maxine Hawthorne/Jim Koenig.

Family Health Services key workers who worked as liaisons with the public health areas were: Area 1, Rhonda Hollon; Area 2, Carolyn Griggs; Area 3, Laurie Stout; Area 5, Stacey Neumann; Area 6, Cindy Ashley; Area 7, Beth Nichols; Area 8, Sharis LeMay; Area 9, Sherry Goode; Area 10, Dianne Sims.

Key workers for Central Office bureaus were as follows: Administration, Alice Free;

Center for Emergency Preparedness, Phyllis Cleveland; Center for Health Statistics, Winona Lawson; Children's Health Insurance Program, Debra Robbins; Clinical Laboratories, Pete Preston; Communicable Diseases, Kathy Smith; Computer Systems, Margaret Spikes; Emergency Medical Services, Earl Langley; Environmental Services, Zandra Harris; Facilities Management/Technical Services, Brigitte Mitchell; Family Health Services, Jackie Harris; Financial Services, Stella Beck/Dawn Tumblison; Personnel, Lisa Jones; Health Promotion, Susan Bland; Health Provider Standards, Debbie Clark; Home & Community Services, Hope Upshaw; Legal, Greg Locklier; Logistics, Guy Woodall; Professional and Support Services, Donna Jordan; Program Integrity, Bonnie Blue; Radiation Control, Janette Moss.

## Inspirational Office Manager Leads Henry County to SCC Record

Coworkers at the Henry County Health Department gravitated toward Elaine Grimsley, who had been office manager since 1997. At the kick-off event of the State Combined Campaign held Sept. 28, 2007, Ms. Grimsley "set her mind" that Henry County would attain 100 percent employee participation and would be the first county in the area to do so, and they succeeded.

Public Health Area 10 Administrator Peggy Blakeney said, "Elaine's commitment and determination was evident at the PHA 10 kick-off. She was motivated!"

Sadly, Ms. Grimsley died unexpectedly on Oct. 2 without knowing that Henry County was the first county in her area AND the state to achieve complete, 100 percent participation in the statewide campaign.

"Most memorable about Elaine was her ability to tactfully interject humor in most any situation," Ms. Blakeney said. "Her

comments were forthright, straightforward and 90 percent of the time 'just plain funny' whether intended or not. She put people around her at ease, whether in meetings or social gatherings, and she was fun to be with. Aside from the humor, Elaine was committed to her job and served the people of her community wholeheartedly."

Cynthia Jewell, PHA 10 clerical director, said, "A few comments could never describe Elaine. Elaine was a person you never forgot once you met her. She had a passion for life, her Lord, family, job and community. Her favorite color was purple which represents royalty, and she was a royal lady. She was always on a mission to accomplish all tasks, projects, and goals in a positive manner. She was loved by all and will be missed but never forgotten."

Another co-worker, Sharon Simmons, R.N., clinic nurse manager, commented, "What I will remember most about Elaine was the love she had for public health, her community,

coworkers and the patients she served. She was a special person with a unique personality who would always go the extra mile to help those in need.

She will truly be missed by the staff and community in Henry County."

Friend and co-worker Deborah Coxson said, "Elaine was very wise and gifted in her job. She lifted a helping hand to always be sure that things were completed and was very active with her son and his activities. One thing's for sure... she is truly missed."

Elaine entered state service in 1990 with the Department of Corrections as a shift clerk at Ventress Correctional Facility in Clayton. In February 1991 she transferred to the Henry County Health Department. She leaves behind a 14-year-old son, Daniel.



**Elaine Grimsley**

# Temporary 'Black Henna' Tattoos May Cause Skin Damage

**T**he department has asked the public to be aware of the risks involved with getting "temporary" black henna tattoos, because allergic reactions and injuries can result. Black henna tattoos are popular with children, teens and others, and may be available at coastal beach shops and through other vendors.

The U.S. Food and Drug Administration does not approve henna for direct application to the skin. Henna, a coloring made from a plant, is approved only for use as a hair dye. Since henna typically produces a brown or orange-brown tint, other ingredients must be added to produce other colors, such as those marketed as black henna. This so-called black henna may contain coal tar color p-phenylenediamine, also known as PPD. This ingredient may cause mild to serious allergic reactions in some individuals when it is applied directly to the skin.

"A natural plant dye called henna or mehendi is used to stain the skin without the use of needles," said environmental supervisor Tim Hatch of the Alabama Department of Public Health.

Consumers are cautioned to be aware of the risks associated with henna tattoos in general, and of black henna tattoos in particular. For more information or to report possible reactions to black henna tattoos, visit [www.fda.gov](http://www.fda.gov).

This recommendation is not associated with "decal" type of tattoos that are applied to the skin with a moistened cotton ball. This type of tattoo fades several days after application.

Hatch added, "Tattooing is a regulated practice in Alabama. If individuals elect to be tattooed, we advise them to seek a body art facility which has a current, valid license. No tattoos may be performed on a minor in Alabama without the written, informed consent of the parent or legal guardian."

Tattooing is defined as placing an indelible mark upon the body through the insertion of pigment. Since henna application does not puncture the skin, it is not defined as a tattoo and therefore is not regulated by the state of Alabama. However, the public should be aware of the potential risks and complications of black henna.

## Live Life Adolescent Health Conference Set for April 4

**N**urses, social workers and others working in public health are encouraged to register now for the "Live Life: Growing Healthy Youth in Alabama" conference which will be held April 4 at the Auburn University Montgomery School of Nursing auditorium. "Alabama's youth are dealing with many crucial issues that affect their health and safety as they developmentally navigate through adolescence," said Sandy Powell, state adolescent health coordinator. "This workshop is designed to help those who work with youth as they learn to 'live life.'"

The 2007 Youth Risk Behavior Survey results will be released and risk behaviors will be examined specifically related to Alabama's

youth. This system monitors health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the U.S.

The agenda will also include a discussion of today's youth culture by Donna Parker-Funderburke of Safe Harbor and of self-inflicted injuries by Dr. Dale Wiseley of Mountain Brook Schools.

Vaughn Ownbey of Partnership for a Drug-Free America will deliver the keynote address "Generation Rx: Adolescents and Prescription Drug Abuse." Other speakers will address teen driving and teen pregnancy issues.

The conference is sponsored by the department's Adolescent and School Health Program in collaboration with the Alabama Campaign to Prevent Teen Pregnancy and Auburn University Montgomery. Nursing and social work continuing education units have been applied for.

The registration fee is \$40. Checks should be made payable and mailed to Alabama Campaign to Prevent Teen Pregnancy, Attn: Live Life Conference, 412 N. Hull St., Montgomery, Ala. 36104. For additional information and to register contact Sandy Powell at (334) 206-5050 or [sandypowell@adph.state.al.us](mailto:sandypowell@adph.state.al.us).

# Commendations

**A**labama's Health would like to recognize and praise employees for their accomplishments. To recognize outstanding work, supervisors may send letters of commendation to the State Health Officer, mail copies to *Alabama's Health*, Bureau of Health Promotion and Chronic Disease, RSA Tower, Suite 900, 201 Monroe St., Montgomery, Ala. 36104, or by e-mail to [asheehan@adph.state.al.us](mailto:asheehan@adph.state.al.us) for inclusion in this list. Four items are needed: the employee's name, work unit, the name of the person making the commendation and his or her city and state.

**Brenda Bearden**

Colbert County Health Department

**Karen Saunders**

Colbert County Health Department

**Kimberly Smith**

Center for Health Statistics

*from Mary A. Barnes*

*Muscle Shoals, Ala.*

**Teri Brown**

Public Health Area 8

*from Charles Gray*

*Wetumpka, Ala.*

**Aubrey Cagle**

Public Health Area 3

**Michele Williams**

Emergency Preparedness

*from Jim Lynch*

*Tuscaloosa, Ala.*

**William J. Callan, Ph.D., and staff**

Mobile Laboratory Staff

Bureau of Clinical Laboratories

*from Elizabeth Turnipseed, M.D., M.S.P.H.*

*Larry M. Wafer, R.N.*

*Birmingham, Ala.*

**Jim Free**

Technical Services

*from Felita Smith*

*Madison, Ala.*

**Kathie Peters**

Center for Health Statistics

*from Amanda Abston*

*Chunchula, Ala.*

*Marco Carson*

*Brent, Ala.*

*Dr. Albert S. Ferguson*

*Naussau, Bahamas*

**Tracy Pittman**

**Patricia Murphy, R.N.**

Health Provider Standards

*from Felita Smith*

*Madison, Ala.*

**Robert Stinnette**

Computer Systems Center

*from John Heitman*

*Tammy Mashburn*

*Montgomery, Ala.*

**Geneva Thomas**

Center for Health Statistics

*from Keely Collier*

*Arlington, Texas*

**LaShunda Tellis Williams**

Center for Health Statistics

*from Billy J. Jump*

*Dalton, Ga.*

## Trina Griffin Trains Kitchen Stewards, Inmates on Proper Food Handling

**T**rina Griffin, Training Director from the Bureau of Environmental Services, provided training on the importance of proper handling of food in the kitchens at Alabama Department of Corrections prisons and at Montgomery Women's Facility. Information was provided on preventing foodborne illnesses with temperature control and personal hygiene for both the DOC kitchen stewards and some inmates.

Ms. Griffin has provided extensive training for kitchen stewards with the Department of Corrections in the past. Elana Parker, Re-

Entry Coordinator/Public Health Liaison, asked Ms. Griffin to provide basic food service sanitation training to include some of the system inmates. The goal for the inmates is to have this basic training as an asset they can use when looking for employment in the food service industry.

According to the Centers for Disease Control and Prevention, the leading causes of bacterial foodborne illness are failure to properly cool foods, failure to properly cook or reheat food (such as undercooked hamburger), failure to hold food at proper temperature, and poor

personal hygiene (handwashing). The course emphasized the importance of controlling these risk factors in reducing the number of foodborne illnesses, and gave the details for controlling the risk factors.

The training was provided to stewards and inmates at Holman and Tutwiler prisons and at Montgomery Women's Facility, located in correctional facilities in Escambia, Elmore and Montgomery counties.

*By Elana M. Parker, M.Ed., M.L.A.P.*

# In Memoriam Public Health Legend Anne M. Smith

**A**nne Mangum Smith, M.S.N., R.N., one of the most loved and respected nurses in the state of Alabama, died Feb. 29 in Memphis. Mrs. Smith was responsible for developing and implementing many quality assurance and education programs in the field of public health nursing and home health service. Mrs. Smith was a pioneer in the field of public health and director of Public Health Nursing, Alabama Department of Public Health, from 1964 until 1984. She began her career as a public health nurse in Randolph County in 1939 and was the youngest public health nurse in the state. Her career spanned four decades and took her to seven counties.

A dedicated and influential nursing leader, Mrs. Smith served on the Alabama Board of Nursing, was a member of the Alabama State Nurses Association, the Alabama League of Nursing, and was the first nurse to hold the office of president of the Alabama Public Health Association. After her retirement the public health nurses of Alabama established the Anne M. Smith Seminar for Excellence in Public Health Nursing in 1988, an annual scientific seminar named in her honor. She was a founding member and president of the Alabama Association of Home Health Agencies and held many leadership positions in the National Association of Home Health Agencies. Her impact on public health nursing reached far beyond the state of Alabama. She was recognized nationally by the Association of State and Territorial Directors of Nursing, which she served as president from 1977-1979.

A dedicated and influential nursing leader, Mrs. Smith served on the Alabama Board of Nursing, was a member of the Alabama State Nurses Association, the Alabama League of Nursing, and was the first nurse to hold the office of president of the Alabama Public Health Association in which she held many leadership positions. She received numerous awards, among which was the Alabama Public Health Association's prestigious D.G. Gill Award. She was inducted into the Alabama Healthcare Hall of Fame in 2000 and into the Capstone College of Nursing Hall of Fame in 2001.

A living testimony of the character and integrity of this woman of faith is described in the following manner by her daughter, Marilyn Mangum, "While her professional success was impressive, it was her unwavering faith, honesty and love of her family that most stands out to me. The values she instilled in me have defined my life and that of my children—her devout Christian faith, her belief in the good in everyone, and her belief that anything is possible if you work and try hard enough. She also taught me by example that each of

us has a responsibility to give back to the community and to serve others. She was never too busy in her professional life to serve the community through her active involvement at St. James United Methodist Church, particularly enjoying working with the children in Vacation Bible School, as well as serving with other community organizations. She has always been my hero and role model, and she always will be."

Public Health Nursing Director John Hankins said, "Anne Smith is a true legend at the department and in public health. That can be said about very few people particularly while they are still alive. Although I never met her, I have heard about her and the strong vision she has set forth for as long as I have been at ADPH."

A longtime friend and colleague, Ruth Harrell, said, "Anne had a captivating smile and always had the ability to see the half full glass and to demonstrate her warmth and humor by that marvelous smile."

Survivors include her husband, Robert Smith of Memphis; daughter Marilyn G. Mangum of Memphis; grandson, Christopher R. Strailman of Memphis; and granddaughter Dr. Elizabeth Turnipseed of Birmingham who followed her grandmother's footsteps into public health and who now directs Disease Control for the Jefferson County Department of Health.





# Calendar of Events



**March 27 • Satellite Conf & Web Cast**  
**The Reasons For and Key Elements of**  
**Continuity of Operations Planning,**  
**12 noon-1:30 p.m.**

For more information contact  
Video Communications, (334) 206-5618.

**April 2-4**

**Seventh Annual Diabetes**  
**and Obesity Conference,**  
**Marriott Capitol Hill, Prattville.**  
For more information contact  
Kajuandra Harris Huntley, (334) 844-2207



**April 3 • Satellite Conf & Web Cast**  
**Generation Rx: The Adolescent**  
**"Pharming" Phenomenon,**  
**11 a.m.-1 p.m.**

For more information contact  
Video Communications, (334) 206-5618.



**April 3 • Satellite Conf & Web Cast**  
**ADPH Statewide Staff Meeting, 3-4**  
**p.m. State Health Officer, Dr. Don**  
**Williamson, will discuss programmatic**  
**issues with staff. Submit questions**  
**before the conference: fax (334-206-**  
**5640) or email (alphtnquestions@**  
**adph.state.al.us)**

For more information contact  
Video Communications, (334) 206-5618.

**April 8-9**

**Alabama Public Health Association**  
**52nd Annual Educational Conference,**  
**Doubletree Hotel, Birmingham.**  
For more information visit [www.alphassoc.org](http://www.alphassoc.org)



**April 30 • Satellite Conf & Web Cast**  
**HIV/AIDS Update 2008 for Home**  
**Health Aides and Attendants, 2-4 p.m.**  
For more information contact Brenda Elliott,  
(334) 347-2664, extension 402.



**May 21 • Satellite Conf & Web Cast**  
**Home Health Aides**  
**and Attendants, 2-4 p.m.**

For more information contact Brenda Elliott,  
(334) 347-2664, extension 402.



**July 10 • Satellite Conf & Web Cast**  
**ADPH Statewide Staff Meeting, 3-4**  
**p.m. State Health Officer, Dr. Don**  
**Williamson, will discuss programmatic**  
**issues with staff. Submit questions**  
**before the conference: fax (334-206-**  
**5640) or email (alphtnquestions@**  
**adph.state.al.us)**

For more information contact  
Video Communications, (334) 206-5618.



**July 16 • Satellite Conf & Web Cast**  
**Home Health Aides**  
**and Attendants, 2-4 p.m.**

For more information contact Brenda Elliott,  
(334) 347-2664, extension 402.